

FM Residency Newsletter – R1 Calgary & Rural Residents – October 11, 2019

Resident Newsletter

In order to reduce the amount of emails that you receive during your Family Medicine Residency 2-year program, Program information, deadlines, and announcements are shared via the FM Residency Newsletter weekly on Friday afternoon. Please take a moment to read the Newsletter

IN TODAY'S NEWSLETTER

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CONFERENCE, COURSES, WORKSHOPS

- R1 Calgary Residents: **New** [Civility Webinar](#) and Mindful Practice Workshop – **Nov 14**
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- R1 Calgary Residents: 2019 Fall [ACLS Revised Dates](#)
- ALL **New** [Grey Cup](#) Football CME Conference – **Sat, Nov 23, 2019**
- ALL Residents: 44th Annual [Pearls](#) For Family Practice
- ALL Residents: 10th Canadian [Paediatric Emergency Medicine](#) Review Course – **Jan 23-25, 2020**
- ALL Residents: [Fall Conference](#) – **Thurs, Nov 28**
- ALL Residents: [Emerging Leaders](#) in Health Promotion Grant Program – **deadline Nov 1**
- ALL Residents: [EVIDENCE](#) at Your Fingertips – Online Education Series
- ALL Residents: Practical Evidence for Informed Practice ([PEIP](#)) Conference – **Oct 25-26**
- ALL Residents: [Pediatric Infection Disease](#) Conference – **Resident/Fellow Award; Application Deadline is Dec 2019**
- ALL Residents: [RDocs Leadership](#) Module Workshop – **Nov 8**
- ALL Residents: Continuing Medical Education for Residents
- ALL Residents: [Urgent Care UCC](#) Conference, **Nov 2**

RESIDENT WELLNESS

- ALL Residents: Wellness Whiteout Retreat 2020 – Banff, AB - **Feb 14-17, 2020**

SOCIAL

- ALL Residents: SAVE the DATE! 2019 Jingle & Mingle

R1 CALGARY RESIDENTS: **NEW** RESIDENT PERSONAL LETTER EDITING SESSION – NOV 5

Dear Residents,

Due to the success of our first “**Resident Personal Letter Editing Session**” which took place in September, we have been overwhelmed with requests from our clerks to have another session. We are writing to you in the hopes you would consider offering your time and expertise to help ensure our clerks receive meaningful assessments of their personal letters before submitting their final applications to CaRMS.

This formal editing session will give our students the opportunity to receive immediate feedback from residents who have recently participated in the CaRMS process. A week prior to the session we will supply our resident volunteers the personal letters of the clerks you will be meeting with, a check list to help guide comments and assessments. Also, samples of strong personal letters will be provided as a reference.

The Personal Letter Editing Session is scheduled from 6:00-8:30 p.m. on November 5th in Medical Skills, Health Sciences Center. We will supply the residences with a pizza a supper and go through any questions from 6:00-6:30 in Theater 1. Each resident will meet with approximately 4 students for 25 minutes each.

If you are interested, please let us know by clicking the link and completing the RSVP form by October 18th.

<https://mdsurvey.ucalgary.ca/evaluation/entry.jsp?id=1570462240177>

If you have questions, please feel free to contact Jo Holm at jholm@ucalgary.ca or 403-220-4357.

R1 CALGARY RESIDENTS: DIRECT OBSERVATION SURVEY – DEADLINE OCT 11, 2019

Hello fellow residents!

The Direct Observation Working Group needs your help with understanding what your thoughts are about the current way directs obs is going. As you know, many of our clinics have rooms equipped with cameras and microphones. Please consider taking a moment to fill out the survey below:

<https://forms.gle/NKp6PeBGaGYKth5m9>

Should you have any questions, please let us know! **This survey will close on October 11th.**

Thanks,
Amanda, Jacqueline, and Sunny

R1 CALGARY RESIDENTS: OPIOID TRAINING UPDATE

Several residents have expressed appreciation for the opportunities the Program has provided to increase skills required for managing Opioids in future practice. R1s have participated in an Opioid Training Session in Foundations, and R2s have participated in online module training and teaching at the 2018 Fall Conference.

If you enjoyed these opportunities, we remind you of these excellent continuing medical education courses offered from the University of Calgary.

- [Alberta Opioid Dependency Treatment Virtual Training Course](#)
- [Wise Prescribing and Deprescribing](#)

Please note that the material will be familiar. Content was shared from these modules in order to teach you! However, some of us learn by repetition. If you are interested in completing further CME Opioid courses online and would like to utilize Conference Time for this activity, please speak with your Division Coordinators/Directors.

ALL RESIDENTS: NEW MAY 2020 MCCQE PART II PRE-APPLICATION – NOW OPEN

The pre-application period for the May 2020 Medical Council of Canada Qualifying Examination (MCCQE) Part II is now open. If you are interested in taking the May 2020 MCCQE Part II, the following STEPS are required:

STEP 1: You must add your name to the pre-application list. The pre-application period will remain open until 11:59 p.m., Eastern Time (ET) on November 11, 2019.

If you meet the exam's [eligibility requirements](#), you must add your name to the pre-application list through your physiciansapply.ca account at any time during the pre-application period.

- o Click on "Examination" on the left panel
- o Click on "Apply for an examination" on the centre panel
- o Click on "MCCQEII May 2020". You will need to answer a few questions. Once completed, you will see a confirmation screen that you have been added to the pre-application list.
- o You will also receive a confirmation message once completed. To view this message, click on "Messages" on the left panel.

The pre-application deadline is **November 11, 2019 at 11:59 p.m. Eastern Time**. You will not be able to add your name to the pre-application list after this deadline.

Exception to the above pre-application period: If you took the Aug./Sept. 2019 MCCQE Part I or if you will take the Oct./Nov. 2019 MCCQE Part I or the Oct. 2019 MCCQE Part II, your pre-application period for the May 2020 MCCQE Part II will differ from the above. In this case, please see "How do I take the MCCQE Part II?" on the [MCCQE Part II web page](#) for more information.

Step 2: Wait to receive an invitation to apply; invitations will be sent starting November 14, 2019.

Starting on November 14, we will proceed with a random selection of candidates in their second year of residency and above (PGY-2+) from the pre-application list. Selected candidates will receive an invitation to apply to the exam.

Additional invitations to apply will be sent in December and January based on remaining available spaces, including to candidates in their first year of residency (PGY-1). Please monitor your physiciansapply.ca account on a regular basis for further updates. If you do not receive an invitation to apply for the May 2020 session by the end of January 2020, you will need to wait to pre-apply to a future session.

While capacity for each session is limited, if a candidate is required to take the exam no later than a given session for licensure purposes or other reason related to progressing through their career, we will ensure that they are provided a spot in the exam no later than that session, provided that they add their name to the pre-application list during the designated pre-application period.

Step 3: Complete and pay for your application to the exam if you receive an invitation to apply.

If you are selected to apply, you will receive a message through your physiciansapply.ca account inviting you to apply before a specified deadline. After receiving this message, please complete and pay for your exam application through your account. Your application is only complete once you have paid the exam fees and received a transaction confirmation message. If you do not apply by the deadline specified in the message, your space will be offered to another candidate.

Test accommodations: If you are selected to apply and require test accommodations due to an existing special need, disability or functional limitation, you must identify this during the online application process. You must then submit the [required supporting documentation](#) to candidateaffairs@mcc.ca as soon as possible. Requests identified after the time of application are challenging to coordinate and cannot be guaranteed. (Note: The MCC reserves the right to assign candidates to a centre where test accommodations can be offered, which may require travel and related expenses.)

For further details about the May 2020 MCCQE Part II, please visit our [website](#). For an overview of the pre-application process, please see the [infographic](#).

At all stages of the pre-application and application process, please monitor your physiciansapply.ca account regularly for messages and updates.

Questions?

Website: mcc.ca | Email: service@mcc.ca | Telephone: (613) 520-2240

ALL RESIDENTS: **NEW** LIBIN INTERNATIONAL TRAINEE SYMPOSIUM – INVITATION TO TRAINEES TO APPLY

The Libin Cardiovascular Institute of Alberta is hosting an International Trainee Symposium about integrating sex and gender considerations into research. Any and all trainees who are doing work related to the cardiovascular system are invited to submit an application. The applications are due by Friday, November 1st. For more information, please visit the application website: <https://libin.ucalgary.ca/traineesymposium>

ALL RESIDENTS: **NEW** RESIDENT SPORTS MEDICINE INTEREST GROUP – WED, OCT 23

When: Wednesday October 23, 2019, 5:00-6:30pm

Where: South Health Campus, 4th Floor, RM 410030 (near reception desk)

Topic: **Knee** - Dr. Terry McDonald will be the preceptor at this session.

Description: This will be an ongoing topic review throughout the year every couple of months. The sessions will begin with a review of anatomy and case examples. There will be 1-2 sports medicine preceptors available to help demonstrate/discuss physical exam PEARLS.

RSVP: <https://docs.google.com/spreadsheets/d/1Zetw988OECcGpE2eBgHWfeJt1JjOnVRXvT6iroAhFic/edit?usp=sharing>

ALL RESIDENTS: **NEW** PBSG FAMILY MEDICINE RESIDENT SCHOLARSHIP AWARD – APPLICATIONS ON APR 1, 2020

The Foundation for Medical Practice Education is offering an annual award to Family Medicine Residents called the **PBSG Family Medicine Residents Scholarship Award**. The award is to recognize a Residency project in the area of small group learning. Our areas of interest for resident projects include the use of social media in small group learning, alternative delivery methods for PBSG, or any project that aligns with the goal of promoting small group learning and evidence-based principles. Feel free to discuss and encourage your Residents to consider an education scholarship project in this area.

For more information about the award click here: <https://fmpe.org/en/programs/residency-practice-based-small-group-learning-program>

For more information, contact:

Dr. Risa Bordman, Residency Director, at risa.bordman@utoronto.ca

Linda Mayhew, Education Co-ordinator, at mayhewl@mcmaster.ca or 905-525-9140 x22252

ALL RESIDENTS: 2020 SANDRA BANNER STUDENT AWARD FOR LEADERSHIP – ACCEPTING APPLICATION

The online application process for the 2020 Sandra Banner Student Award for Leadership (SBSAL) is now open.

Interested students and residents enrolled full-time in a Canadian medical education program and residing in Canada as Canadian citizens or landed immigrants are eligible to apply using the [online submission form](#) on the website.

Applications will be accepted until Friday, December 13, 2019 at 17:00 ET

CONFERENCE, COURSES, WORKSHOPS

R2 CALGARY RESIDENTS: NEW CIVILITY WEBINAR AND MINDFUL PRACTICE WORKSHOP – NOV 14

Well Doc Alberta and the Alberta Medical Association's Physician and Family Support Program Presents:

Topic: Patients First, But What Next? Inciting Useful Dialogue Around Civility

When: November 14 @ 2:00 – 3:30 pm

Where: TRW Building, 3280 Hospital Dive NW, Calgary

Register: https://civility_nov2019.eventbrite.ca

This talk is available province-wide via webinar and in person at the University of Calgary. It is open to medical students, residents, and practicing physicians.

The event is free for all registrants.

R1 CALGARY RESIDENTS: HEALTH SCIENCES LIBRARY WORKSHOPS FOR OCTOBER 2019

The Health Sciences Library will be offering the following free workshops:

Wed. October 16, 10-11 a.m. Basic Survey Building and Distributing Using Qualtrics

Wed. October 16, 1-3 p.m. Systematic Searching for Veterinary Reviews

Tues. October 29, 10:30 a.m.-12 p.m. Introduction to Qualitative Data Analysis Using NVivo 12

Tues. October 29, 1-2:30 p.m. Intermediate Qualitative Data Analysis with NVivo 12

Thurs. October 31, 2-3:30 p.m. EndNote Desktop

All workshops are held in Room 1460A, Health Sciences Library. Please go to: <http://workrooms.ucalgary.ca/calendar/lcr-workshops/> for further details and to register. The Health Sciences Library sessions are in light green.

For further information, please contact the Health Sciences Library service desk at: 403.220.6855 or hslibr@ucalgary.ca

R1 CALGARY RESIDENTS: SAVE the DATE: 14TH ANNUAL DAY IN DERMATOLOGY FOR FAMILY PHYSICIANS

DATE: Saturday, November 30, 2019

LOCATION: Red & White Club

TIME: 07:45 am – 13:00 pm

WEBSITE: <https://conted.ucalgary.ca/portal/events/reg/participantTypeSelection.do?method=load&entityId=52002756>

Contact: Hanifa Remtulla; **Email:** hanifa.remtulla@ahs.ca

R1 CALGARY RESIDENTS: PGME WORKSHOPS and EVENTS

All of the PGME workshops offered to residents and fellows are developed to help meet the CanMEDS framework. CanMEDS overall goal is to improve patient care and each of our workshops will be a step in this direction. Please follow the link to the events page for the most up to date list of resident events and workshops. All of these are free to attend.

Workshops and Events link: <https://cumming.ucalgary.ca/pgme/events>

SharePoint Registration link: <https://ecs.ucalgary.ca/faculty/medicine/pgmeevents>

R1 CALGARY RESIDENTS: 2019 FALL ACLS **REVISED DATES – REGISTRATION NOW OPEN!**

ACLS 1 Day Renewal Courses

Oct 17 th (Thurs eve)	Nov 2 nd
Oct 19 th	Nov 23 rd
	Nov 30 th
	Dec 7 th

ACLS 2 Day Provider Course

Saturday & Sunday Provider Classes:

Nov 2 nd /3 rd	Dec 7 th /8 th
Nov 23 rd /24 th	

*****ACLS Experienced Provider Course** - Sundays**

Looking for a new way to recertify in ACLS? Practice your skills in a variety of scenarios beyond CARDIAC. ACLS EP counts as a renewal course

Sunday, Oct 20th or Saturday, Nov 24th

Foothills Medical Centre

Contact: Clare Puzey for registration details clarepuzey@gmail.com; or 587-223-2691

ALL RESIDENTS: **NEW GREY CUP FOOTBALL CME CONFERENCE – SAT, NOV 23**

Every year, the Canadian Academy of Sport and Exercise Medicine (CASEM) hosts a 1-day Football Conference during the Grey Cup Weekend at the host city and this year it is happening on **Nov 23 2019 in Calgary**. Dr. Trinh is the Co-chair organizer of this CME event with guest speakers composed of the Calgary Stampeders Sports Medicine Physicians, Orthopedic Surgeons, Psychiatrists and Physiotherapists who will be presenting talks regarding musculoskeletal medicine particularly as it relates to football injuries.

Register: <https://casem-acmse.org/product/casem-football-sport-medicine-course/>

Website: <https://casem-acmse.org/events/22621/>

ALL RESIDENTS: 44th ANNUAL PEARLS FOR FAMILY PRACTICE

This program provides an update and review focused on pragmatic, evidence-informed pearls pertinent for practice in primary care. Topics covered include a wide variety of the diagnoses typically seen in both urban and rural settings.

Link: https://cumming.ucalgary.ca/cme/courses/topics#!view/event/event_id/2322

ALL RESIDENTS: 10th CANADIAN PAEDIATRIC EMERGENCY MEDICINE REVIEW COURSE – JAN 23-25, 2020

This is a two and a half day comprehensive course covering the major core topics in Paediatric Emergency Medicine.

Each core topic will be *Case based with exam style questions* to facilitate learning the practice variations and current medical literature around the standards of care in Paediatric emergency medicine.

Guest Speakers are clinicians who are Paediatric Emergency Medicine trained, from across Canada

For Online Registration details, please visit <https://emo.simplesignup.ca/en/4644/index.php?m=eventSummary>

Location: Quartier Tremblant, Camp de Base, Mont-Tremblant, Quebec

Regular Deadline: Wednesday, January 15, 2020

ALL RESIDENTS: FALL CONFERENCE – THURS, NOV 28

You are invited to attend The Department of Family Medicine Fall Conference 2019!

Calgary Residents:

A reminder that the Resident DFM Fall Conference is occurring on November 28 at the Best Western Calgary Hotel & Conference Centre located at 1316 33 street NE, Calgary Alberta. This year's conference theme is Urgent Care. Please note, *Residents are expected to attend* unless on a rural rotation or out of town elective, or on approved leave. If you have any questions please contact your Division Coordinator.

*Residents are not required to RSVP for this event.

Rural Residents:

A reminder that the Resident DFM Fall Conference is occurring on November 28 at the Best Western Calgary Hotel & Conference Centre located at 1316 33 street NE, Calgary Alberta This year's conference theme is Urgent Care. Please note, *Residents are expected to attend* unless on a rural rotation or out of town elective, or on approved leave. If you have any questions please contact your Division Coordinator

*Residents are not required to RSVP for this event.



Please RSVP by clicking the link: <https://forms.gle/mmZuxooXDZ55k2Ba7>

ALL RESIDENTS: EMERGING LEADERS IN HEALTH PROMOTION GRANT PROGRAM – DEADLINE NOV 1

The Emerging Leaders in Health Promotion grant program is sponsored by the Alberta Medical Association, MD Financial Management, the Canadian Medical Association and its subsidiary, Joule.

The deadline for this year's application is **Friday, November 1**, residents can obtain more information about the grant program [here](#).

ALL CALGARY RESIDENTS: EVIDENCE AT YOUR FINGER TIPS – ONLINE EDUCATION SERIES

Knowledge Resource Service (KRS) offers education sessions on a variety of topics, including KRS orientation, literature searching, point of care and e-resources, and citation management tools.

Click on the following link for a list of the upcoming education events.
<https://krs.libcal.com/calendar/education/?cid=2541&t=d&d=0000-00-00&cal=2541>

If you need additional information please contact KRS via chat (krs.ahs.ca) or email (krs@ahs.ca).

ALL CALGARY RESIDENTS: PRACTICAL EVIDENCE FOR INFORMED PRACTICE (PEIP) CONFERENCE – OCT 25-26

Led by the team that brings you Tools for Practice, the **Practical Evidence for Informed Practice (PEIP)** conference brings together clinical leaders to speak on the latest findings that can affect how you practice.

Register Today - <http://bit.ly/2019PEIP>; **deadline for registration is October 18, 2019**

October 25-26, 2019 | Double Tree by Hilton Hotel West Edmonton – 16615-109 Avenue, Edmonton, Canada | www.acfp.ca

ALL CALGARY RESIDENTS: PEDIATRIC INFECTIOUS DISEASE CONFERENCE – RESIDENT/FELLOW AWARD –APPLICATION DEADLINE DEC 2019

Each year at the Pediatric Infectious Disease Conference at the Banff Springs Hotel (February, 2020), the Taj Jadavji Humanism Award is given in recognition of a medical resident, who in clinical service and in other aspects of life, embodies Dr. Taj Jadavji's qualities of leadership, civic involvement and compassion.

The conference content is aimed at primary care physicians (Family Medicine and Pediatrics), but **the award is available to any resident or fellow currently training in Canada**. It includes a \$500 award, plus hotel accommodation and conference and banquet fees. Applicants can be nominated by another person, or they may self-nominate. The successful applicant is required to make a 10-15 minute presentation at the banquet of the conference.

Further information is available at www.pediatricinfectiousdisease.ca **Application deadline is December 2019**.

ALL CALGARY RESIDENTS: RDocS LEADERSHIP MODULE WORKSHOP – NOV 8

The Postgraduate Medical Education Office and Resident Doctors of Canada (RDocS), a not-for-profit organization of residents across Canada, are pleased to offer you a workshop on resident resiliency training.

Presented by resident doctors, this session is intended for anyone in the postgraduate medical education environment who wishes to champion resident resiliency and well-being (e.g. chief residents, program directors, program administrators, wellness office, staff, etc.).

To register, please email: kristen.story@ucalgary.ca

ALL RESIDENTS: CONTINUING MEDICAL EDUCATION FOR RESIDENTS

Considering summer and fall accredited learning? Checkout these flexible, price-friendly options for residents.

Take Advantage of Resident Pricing with the [Evening Course for Primary Care Series](#) September 18 to December 4, 2019

- Attend a webinar or in person 2 hour session for \$10
- Attend all 10 sessions for \$50

[Register for Pearls for Family Practice](#) (in person and webinar) October 7-10, 2019 – **more resident pricing available!**

Learn at your own pace with these **free online modules**:

- [Alberta Opioid Dependency Virtual Training Course](#)
- [Dementia Behaviours and Appropriate Use of Anti-Psychotics](#)
- [Healthy Pregnancy Weight Gain](#)

- [Obesity Management](#)
- [PTSD and Post Disaster Population Impact](#)

Free weekly [Rural Video Conference Series](#) -- available through Alberta Telehealth sites.

Click [here](#) to Subscribe to our monthly newsletter for news about upcoming courses.

ALL RESIDENTS: URGENT CARE UCC CONFERENCE, NOV 2

Conference: 13th Annual Urgent Care Conference – Best Practice and Excellence in Care

Location: Alberta Children’s Hospital, 2888 Shaganappi Trail NW, Calgary

What: : An invaluable one-day experience to learn about urgent care topics and to network at the largest urgent care meeting in Canada.

When: 08:00 – 18:00, Saturday, November 2, 2019

Registration: www.regonline.com/ucconference2019

RESIDENT WELLNESS

ALL RESIDENTS: WELLNESS WHITEOUT RETREAT – BANFF AB – FEB 14-17, 2020

The Family Medicine resident wellness initiatives at the University of Calgary and the University of Alberta are excited to bring the first annual **Wellness Whiteout Retreat!** Family medicine residents from across the province will be brought together in the beautiful city of Banff for a retreat focused on wellness promotion, career development, and having some fun! There will be some structured activities including small group bonding activities, an evening social event, and a brief wellness conference but most of the days/nights will be for free for you to enhance your wellness as you see fit. This may include your choice of skiing, snowboarding, yoga/meditation, socializing or simply chilling by the hot tub. Accommodations would include 3 nights in 8 person cabins at the Hidden Ridge Resort Inn and discounted lift tickets/rentals will be available for purchase (Both ridiculously cheap!).

Currently we have several organizations interested in sponsoring this to subsidize costs but nothing is official yet. Once again, the dates are **February 14th-17th** long weekend as the Monday is a PARA guaranteed STAT holiday. Those wishing to attend most likely will simply need to request a no call weekend.

Note: There will not be coverage but please reach out to me for those who are interested in bringing a Plus 1 as we can still accommodate at our group rates.

Signup link:

https://docs.google.com/spreadsheets/d/1HrRT_XfO5KAtpHvBylpS-VyA9FILO-mw9HSXdejT0k/edit?usp=sharing

Please let us know your intention by October 25th 2019 to ensure smooth booking. Any late requests will not be guaranteed.

Contact Information:

U of C Wellness Rep – Daniel Farhadi daniel.farhadi@ucalgary.ca

U of A Wellness Rep – Kenton Nicholson kentonnicholson@gmail.com

SOCIAL

ALL RESIDENTS: SAVE the DATE! 2019 JINGLE & MINGLE

Mark your calendars for this year's Holiday Jingle & Mingle.

Date & Time: Friday, December 20th, 7pm

Location: The Garage Sports Bar, Eau Claire

More details and invitation to follow